



SCHOMMER'S MESSAGE

At a recent meeting of prominent lawyers, graduated at least fifteen years ago from The University of Chicago, Dean Bigelow asked a question which everyone had to answer. This was the question: "If you had your college days to live over again, what courses or college activities would you stress?" With the single exception of one who claimed he would stress international law, everyone expressed the desire to put his efforts in additional athletics and physical culture. In other words, their desire was a healthy body. They had been so engrossed with the majesty of the law they forgot to inculcate the desire to develop their health by exercise and play. What is true of these lawyers holds true with other professions and with our engineers.

Athletic games, especially the competitive kind, not only develop your body, but your character as well. Habits of co-operation necessary in all

team games are learned by practicing them. Loyalty is learned by helping to achieve the cause to which you are loyal. Self-control is learned by being put in a situation where personal contact games plus the instinctive fighting spirit constantly require the exercise of self-control. Intercollegiate sports aid greatly in developing many traits of character that are of constant use throughout life.

Don't neglect your exercise. Use our facilities to the utmost. Build your bodies. A sound body is almost essential for a sound mind. The combination is tough to beat. Learn athletic play. It is the safety valve of your existence. It means the development of your health. It will build up a reserve force of strength and energy essential as a condition necessary for success and happiness in life.

—John J. Schommer.

